

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	INFORMATION
3 12:00-12:55 PM TAI CHI w/ PAM	4  NO 12:00 CLASS 5:30-6:30 PM HATHA YOGA w/ ASHA	5  NO 12:00 CLASS 5:30-6:30 PM STEP & STRENGTH w/ KIM	6 12:00-12:55 PM HATHA YOGA w/ PAM  5:30-6:15 PM CARDIO CORE w/ MARK	REGISTER TO PARTICIPATE IN GROUP FITNESS VIA EMAIL TO TIFFANY AT TPROCTOR@MIT.EDU. TO MINIMIZE DISRUPTIONS, ACCOMMODATE SET UP TIME, AND RECEIVE WORKOUT INSTRUCTIONS, PLEASE ARRIVE 5 MINUTES PRIOR TO THE START OF CLASS. CLASS KEY CLASSES IN THIS COLOR ARE OFFERED IN PERSON AND VIA ZOOM.  SCHEDULE CHANGE  SPACE IS LIMITED; RSVP VIA PICKTIME.
10  NO 12:00 CLASS	11 12:00-12:45 PM STRICTLY STRENGTH w/ TIFFANY 5:30-6:30 PM HATHA YOGA w/ ASHA	12 12:00-12:45 PM CARDIO STRENGTH w/ TIFFANY 5:30-6:30 PM STEP & STRENGTH w/ KIM	13  NO 12:00 CLASS  5:30-6:15 PM CARDIO CORE w/ MARK	
17 12:00-12:55 PM TAI CHI w/ PAM	18 12:00-12:45 PM STRICTLY STRENGTH w/ TIFFANY 5:30-6:30 PM HATHA YOGA w/ ASHA	19 12:00-12:45 PM CARDIO STRENGTH w/ TIFFANY 5:30-6:30 PM STEP & STRENGTH w/ KIM	20 12:00-12:55 PM HATHA YOGA w/ PAM  5:30-6:15 PM CARDIO CORE w/ MARK	
24 12:00-12:55 PM TAI CHI w/ PAM	25 12:00-12:45 PM STRICTLY STRENGTH w/ TIFFANY 5:30-6:30 PM HATHA YOGA w/ ASHA	26 12:00-12:45 PM CARDIO STRENGTH w/ TIFFANY 5:30-6:30 PM STEP & STRENGTH w/ KIM	27 12:00-12:55 PM HATHA YOGA w/ PAM  5:30-6:15 PM CARDIO CORE w/ MARK	
31 12:00-12:55 PM TAI CHI w/ PAM	AUGUST			

CLASS DESCRIPTIONS



ALL FITNESS LEVELS ARE WELCOME.

CARDIO CORE: THIS ENERGIZING CLASS FUSES STRENGTH AND CARDIO INTO ONE EFFICIENT, FULL-BODY WORKOUT. KICK THINGS OFF WITH 20 MINUTES OF BODYWEIGHT AND CORE-FOCUSED STRENGTH WORK, THEN JUMP ON THE BIKE FOR 20 MINUTES OF HEART-POUNDING CYCLING. WRAP IT ALL UP WITH A 5-MINUTE STRETCH.

CARDIO STRENGTH: CARDIO THAT BUILDS MUSCLE, NOT BOREDOM. TRADITIONAL STRENGTH MOVES LIKE SQUATS, PUSH-UPS, PLANKS, AND LUNGES ARE PERFORMED IN A WAY THAT KEEPS YOUR HEART RATE ELEVATED. YOU GET THE CARDIO AND THE MUSCLE BURN FOR THE PRICE OF ONE.

HATHA YOGA: THIS STYLE OF YOGA DRAWS FROM ALL YOGA STYLES, COMBINING GENTLE STRETCHING, STRENGTHENING, AND RELAXATION POSES TO SUPPORT FLEXIBILITY, FOCUS, AND OVERALL MIND-BODY BALANCE.

STEP AND STRENGTH: THIS HIGH-ENERGY WORKOUT COMBINES HEART-POUNDING STEP CHOREOGRAPHY WITH A POWERFUL STRENGTH SEGMENT, GIVING YOU THE BEST OF BOTH WORLDS - CARDIO AND RESISTANCE IN ONE FUN, FULL-BODY SWEAT SESSION.

STRICTLY STRENGTH: THIS FULL-BODY STRENGTH WORKOUT IS DESIGNED TO BOOST MUSCULAR STRENGTH, ENDURANCE, AND POWER.

TAI CHI: THIS CLASS BLENDS WHOLE-BODY MOVEMENT, GENTLE FLOWING EXERCISES, FOCUSED ATTENTION, AND MINDFUL BREATHING TO ENHANCE BOTH PHYSICAL AND MENTAL WELL-BEING. IT IS DESIGNED TO REDUCE STRESS, CULTIVATE MINDFULNESS, AND IMPROVE STRENGTH, BALANCE, AND OVERALL VITALITY.

